

1. A method of preparing bagel ingredients to form an English muffin bagel, comprising the following steps:
 - a) mixing a bagel-dough mix;
 - b) kneading said bagel-dough mix;
 - c) letting said bagel-dough mix rise in a warm environment for a period of time sufficient to form first-rise bagel dough;
 - d) shaping said first-rise bagel dough into a set of individual bun portions;
 - e) letting said bagel-dough individual bun portions rise in a warm environment for a second period of time sufficient to form second-rise bagel dough individual bun portions;
 - f) proofing said second-rise bagel dough individual bun portions in a warm environment for a third period of time of approximately three hours, said third period of time is greater than the sum of rise times in steps c and e to form English muffin bagel dough individual bun portions;
 - g) omitting any boiling step; and
 - h) griddle-baking said English muffin bagel dough individual bun portions to form completed English muffin bagels..

2. A method of preparing bagel ingredients to form English muffin bagels, according to Claim 1, in which step (f) is preceded by an intermediate step (f.1) of water-misting and coating top and bottom surfaces of said English muffin bagel individual bun portions with a thin layer of cornmeal.

3. A method of preparing bagel dough to form English muffin bagels, said dough including a quantity of yeast nutrients which define a maximum rising of said dough, said dough at some point during following steps being configured into selected shapes,

comprising the steps of

9. letting said bagel dough rise in a warm environment for a first period of time sufficient to form a first-rise bagel dough;
10. shaping said first-rise bagel dough into a set of individual bun portions;
11. letting said set of bagel-dough individual bun portions rise in a warm environment for a second period of time sufficient to form second-rise bagel dough individual bun portions;
12. proofing said second-rise bagel dough individual bun portions in a warm environment for a third period of time of approximately three hours, said third period of time is greater than the sum of rise times in steps a and c, and allows for the maximum rising of the yeast nutrients present to approach, to form English muffin bagel dough individual bun portions;
13. omitting any boiling step; and
14. griddle-baking said English muffin bagel dough individual bun portions to form completed English muffin bagels.

9. A method of preparing bagel ingredients to form English muffin bagels according to Claim 3, maximum rising for the yeast nutrients present being approached in said long proofing step, resulting generally in the bagels expanding beyond standard bagel rising, partially closing the navel, and touching adjacent bagels to form bite marks;